

# SAFETY FOCUS

MAY 2021



LET'S GET YOU TAKEN CARE OF®

## DISTRIBUTION CENTERS

This year, we will be working with you to encourage safety participation from everyone at your Distribution Center. To do this, you will have your own DC safety specific topics.

### ACTION ITEMS

- Complete the DTU training
- Review and share the safety topic with your people
- Leave feedback

## Prevent Heat-Related Illnesses Know the signs and act



## INSTRUCTIONS

In the next pages, you will see DTU Extended Learning training modules as well as a safety topic for the month. ➤

We have included these safety topics as they pertain to you and your people.

- 1 Print out this Focus, review the information, and **complete the action items**.
- 2 Each section has action items to help you and your team complete this Safety Focus. **Review each section carefully.**
- 3 Each Safety Leader will need to **complete the DTU training module** for the month. You will be required to complete a course test following the training module.
- 4 Once all the action items are completed, **have a group discussion** about your findings and answer your feedback questions as a team.



### Total Recordable Incident Rate

TRIR is the number of work-related injuries per 100 full-time workers.

A recordable injury is one that's more serious, requiring treatment beyond first aid.

Month_Year	TRIR_YOY
MAR 2020	0
MAR 2021	23.38

TRIR can be used on its own to look at the organization's past safety performance: the lower the number, the better.

## FEEDBACK ON THIS MONTH'S TOPIC

All feedback must be submitted through the Safety Feedback Portal.

**Safety Leader:** You will find the feedback questions at the end of this Safety Focus.

**CONTINUE TO PAGE 2 ➤**



# HEAT STRESS RECOGNITION AND PREVENTION DTU EXTENDED LEARNING

Each year, more people in the United States die from extreme heat than from hurricanes, lightning, tornados, floods, and earthquakes combined. This course will discuss the effects of heat on your body, outline the risk factors for heat-related illnesses, and describe the associated treatments for each. This training will also explain several control measure techniques and safe work practices that you can use to prevent heat-related stresses.

Follow the instructions below to log in and complete your DTU Extended Learning training module.

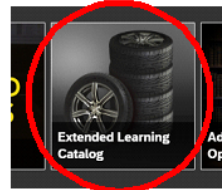


## Log in to the DTU Extended Learning Catalog:

- Log in to DTU on the Knowledge Center
- Locate the Extended Learning Catalog



For **first time logging in to the Extended Learning Catalog**, follow the instructions by [clicking here](#)



- Click on View Compliance and select your training module

If you have any questions during the login process, please contact [dtu\\_learning@discounttire.com](mailto:dtu_learning@discounttire.com)



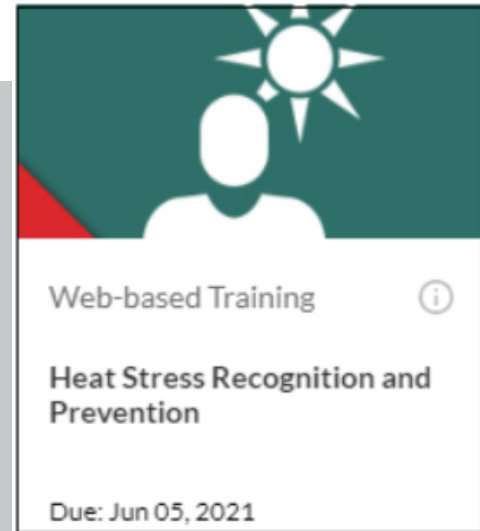
## Complete the Training Module:

- Complete the **Heat Stress Recognition and Prevention** training module
- After completing the training module, you will be required to **complete a course test**



## DTU Acknowledgement:

- After reviewing the monthly training module with your people, have them log into their DTU and complete the **Heat Stress Recognition and Prevention** acknowledgement.





# HEAT-RELATED ILLNESS PREVENTION & AWARENESS



## Review and Share:

Review and share the information on this page with your people to learn about the warning signs and actions to follow if a heat illness should occur in your store/location.

- ☐ Ensure your people know the signs and actions to take when a heat related illness occurs
- ☐ Check the weather daily and make it a habit to share with your team
- ☐ Maintain a fully stocked fridge or cooler with water at all times
- ☐ Review the safety posters listed below



## Order:

Order your posters through **DTPrints**  
(available to order on 5/4)

**\*NOTE:** they come in a package of 3 posters

- **(NEW)** Are You Hydrated poster
- **(NEW)** Energy Drinks vs Water poster

Order cooling towels for your people  
through **EZGarage**

- article # **91048**



## Display Your Posters:

- **Are You Hydrated** posters - display one poster in each restroom (both customer and employee restrooms)
- **Energy Drinks vs Water** posters - display in a high traffic area

## HEAT RASH & HEAT CRAMPS

### Signs of heat rash includes:

- clusters of red bumps on skin

### Signs of heat cramps include:

- muscle spasms in stomach, arms, or legs

### Actions:

- rest in a cool, shady area
- drink sips of water or sports drink
- seek medical attention if cramps last more than an hour

## HEAT EXHAUSTION

### Signs of heat exhaustion include:

- heavy sweating
- cold, pale, moist skin
- muscle cramps
- fatigue/weakness
- confusion/dizziness
- nausea or vomiting
- headache

### Actions:

- rest in a cool, shady area
- remove outer layers of clothing (i.e. socks and shoes)
- apply cool wet cloth or ice to head, face, and neck
- drink sips of water or sports drink

**Get Medical Aid: call the nurse helpline @ 1-855-872-6658 for Ohio stores only call 1-844-871-8630**

## HEAT STROKE

### Signs of heatstroke include:

- very high body temperature
- rapid pulse
- red, hot skin
- throbbing headache
- nausea or vomiting
- confusion, difficulty speaking
- seizures
- unconsciousness

### Actions:

- stay with the person until help arrives
- rest in a cool, shady area
- remove outer layers of clothing (i.e. socks and shoes)
- apply cool wet cloth or ice to head, face, and neck
- drink sips of water or sports drink

**This is a MEDICAL EMERGENCY: Call 911 immediately**



## FEEDBACK ON THIS MONTH'S TOPIC

1. Did you find the information in the training module beneficial? How will you apply what you learned about heat stress recognition and prevention?
2. Make a plan with your team on how you will prevent heat-related illnesses during the summer months. What other resources or processes do you and your team utilize to prevent heat illness?